



## Mobile Custom Fitness Brings the Gym to You

*Unique "CompleteGym on Wheels" Concept Opens in San Diego. Mobile Custom Fitness is designed to bring fitness to busy people.*

Carlsbad, CA ([PRWEB](#)) January 7, 2005 -- Mobile Custom Fitness, Incorporated (MCF), a full-service gym located in a customized RV, has opened its doors for business. Designed to bring fitness to busy people, Mobile Custom Fitness travels to clients' homes or workplaces and delivers a complete personal fitness experience.

Unlike fitness trainers or other home-workout options that require people to have their own fitness machines and weights, Mobile Custom Fitness is a full-service mobile gym, providing everything for a complete workout including Nautilus fitness machines, aerobic equipment, free weights -- even a shower -- in its customized luxury RV.

Mobile Custom Fitness is the brainchild of co-owners Jill Wesselink, a Certified Fitness Trainer and Lindia Rivers, a human resources and business manager. Lindia and Jill were motivated to start Mobile Custom Fitness when Lindia tried to add fitness training to her busy life.

"As a former human resources professional, I often didn't have time to drive to the gym, work out and then drive back. I thought about working out at home, but I didn't want to buy my own equipment, plus I didn't have a lot of extra space," Lindia explained. "Jill was my personal trainer, and we talked about how we could make fitness easier for busy people. That's when we decided to start Mobile Custom Fitness."

In addition to convenience, Mobile Custom Fitness also provides customized fitness.

"I conduct each workout and customize it for the person I'm training," Jill added. "One session costs about the same as a session at a gym with a personal trainer -- but we bring the gym to you. People tell me it's a great value."

Mobile Custom Fitness works with individual clients as well as companies that want to provide fitness convenience to their employees. MCF offers individual or package sessions and currently operates primarily in North Coastal San Diego County but plans to expand throughout San Diego. For more information, please call 760-431-0911.

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